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## In the Claims

Please amend the claims as follows:

- 1-3. (Cancelled).
- 4. (Currently Amended) The composition of claim 1, wherein said composition is in A tablet for the prevention or delay of the onset of side effects associated with alcohol consumption or the reduction or alleviation of said side effects, wherein said tablet comprises activated charcoal and limestone form.
- 5. (Cancelled).
- 6. (Currently Amended) The composition of claim 1, wherein said composition is in A capsule for the prevention or delay of the onset of side effects associated with alcohol consumption or the reduction or alleviation of said side effects, wherein said tablet comprises activated charcoal and limestone form.
  - 7. (Currently Amended) The <u>tablet</u> eomposition of elaim 1 claim 4, further comprising a re-hydrating agent.
  - 8. (Currently Amended) The <u>tablet</u> eomposition of claim 1 claim 4, further comprising an agent capable of reducing alcohol dependency.
  - 9. (Currently Amended) The <u>tablet</u> eomposition of claim 8, wherein the agent capable of reducing alcohol dependency comprises Olanzipine olanzapine.
  - 10-14. (Cancelled).
  - 15. (Original) A method of alleviating the deleterious effects of alcohol consumption comprising administering to a subject a composition comprising activated charcoal and limestone.

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- 16. (Original) The method of claim 15, wherein the limestone comprises activated limestone.
- 17. (Original) The method of claim 15, wherein the composition further comprises vitamin B1.
- 18. (Original) The method of claim 15, wherein activated charcoal is provided in an amount of about 5 to 15 milligrams of charcoal per kilogram of body weight of said subject.
- 19. (Original) The method of claim 15, wherein the composition is capable of inducing relief from the deleterious effects of alcohol which is greater than the relief provided by administration of activated charcoal alone.
- 20. (Original) The method of claim 15, wherein the composition is provided in tablet form.
- 21. (Original) The method of claim 15, wherein the composition is provided in encapsulated powder form.
- 22. (Original) The method of claim 21, wherein the composition is encapsulated in a gelatin based capsule.
- 23. (Original) The method of claim 15, wherein the composition is administered in conjunction with an alcohol abuse treatment.
- 24. (Original) A tablet comprising between about 100 and 800 milligrams of a composition comprising activated charcoal and activated limestone.
- 25. (Original) The tablet of claim 24, wherein the tablet comprises between about 100 to 500 milligrams of said composition.

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- 26. (Original) A capsule containing from about 100 to about 800 milligrams of a composition in powder form, wherein the composition comprises activated charcoal and activated limestone.
- 27. (Original) The capsule of claim 26, wherein the tablet comprises between about 100 to 500 milligrams of said composition.
- 28. (New) A kit comprising a plurality of tablets according to claim 4 and instructions for administration.
- 29. (New) The kit of claim 28 comprising at least 2 of said tablets.
- 30. (New) The kit of claim 28 that is suitable for self-administration.
- 31. (New) A kit comprising a plurality of capsules according to claim 6 and instructions for administration.
- 32. (New) The kit of claim 31 comprising at least 2 of said capsules.
- 33. (New) The kit of claim 31 that is suitable for self-administration.
- 34. (New) The capsule of claim 6, further comprising a re-hydrating agent.
- 35. (New) The capsule of claim 6, further comprising an agent capable of reducing alcohol dependency.
- 36. (New) The capsule of claim 35, wherein the agent capable of reducing alcohol dependency comprises olanzapine.
- 37. (New) The capsule of claim 6, wherein the composition comprises other components with beneficial effects in reducing the side effects of alcohol consumption.

- 38. (New) The tablet of claim 4, wherein the composition comprises other components with beneficial effects in reducing the side effects of alcohol consumption.
- 39. (New) The tablet of claim 4, wherein the alcohol consumption is wine.
- 40. (New) The capsule of claim 6, wherein the alcohol consumption is wine.
- 41. (New) A capsule designed for the prevention or delay of the onset of side effects associated with wine consumption or the reduction or alleviation of said side effects, wherein said capsule comprises activated charcoal and limestone.
- 42. (New) A tablet designed for the prevention or delay of the onset of side effects associated with wine consumption or the reduction or alleviation of said side effects, wherein said tablet comprises activated charcoal and limestone.
- 43. (New) A delivery system comprising activated charcoal and limestone.
- 44. (New) The delivery system of claim 43, comprising 20 to 80 wt.% activated charcoal and 20 to 80 wt.% activated limestone.
- 45. (New) The delivery system of claim 43, wherein the composition is packaged in pre-dose quantities.
- 46. (New) The delivery system of claim 43, wherein pre-dose quantities consists of at least 2 capsules or tablets.
- 47. (New) The delivery system of claim 43, wherein the delivery system is water-soluble.

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- 48. (New) The delivery system of claim 43, wherein the delivery system is designed for the prevention or delay of the onset of side effects associated with wine consumption or the reduction or alleviation of said side effects, wherein said delivery system comprises activated charcoal and limestone.
- 49. (New) The delivery system of claim 43, wherein the delivery system is suitable for self-administration.